



**EMOMASTERS Chant and Rhyme:
"Power's Inside of Me!"
Performed by Lincoln Lions**

Teacher: Who's got the power to choose how they feel?

Children: **I do, I do – it's super real!**

Teacher: Who can calm the storm and bring the light?

Children: **SereniStar helps me make it right!**

Teacher: Who brings the energy, strong and true?

Children: **Pulse says, "Keep going—you can do it too!"**

Teacher: Who turns action into a mighty roar?

Children: **MOTION helps me soar and explore!**

Teacher: Who keeps me focused, calm, and clear?

Children: **Calm Knight whispers, "No need to fear."**

Teacher: Who helps me listen and understand?

Children: **Emotress says, "Hold out your hand."**

All Together (clap or stomp to rhythm):

Power's inside of you and me,

Feel it flow, strong and free!

I can choose—I'm in control,

EMOMASTERS light my soul! (Repeat 3x's at the end)